

WHAT'S COOKING?

IT'S SIMPLY DELICIOUS!






ASU Preparatory Academy Elementary Lunch Menu

February 2015

A full student lunch includes a choice of entrée supplying protein and grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk. Milk choices include **A cold vegetable and fruit bar is available daily** on which we feature a variety of vegetables and fruits including locally grown when seasonally available. **Milk choices include 1% white and skim chocolate.**



USDA and this institution are equal opportunity providers and employers.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets W/Roll Grilled Cheese Sandwich Fries Broccoli Granny Apple	3 Three Cheese Lasagna W/ Breadstick Cheeseburger Mixed Veggies Orange Wedges	4 Crispy Chicken Sandwich Mini Corn Dog w/ Roll Carrots Grapes	5 Macho Nachos Cheese Quesadilla w/Salsa Pinto Beans Banana	6 Fresh Made Pepperoni or Cheese Pizza Fresh Veggie Medley Apple
9 Turkey Corn Dog Turkey Gravy w/Dinner Roll Corn Mashed Potatoes Granny Apples	10 Chicken Nuggets W/Roll Mac & Cheese w/ Roll Sweet Potato Fries Orange Wedges	11 BBQ Riblet W/Roll Sloppy Joe Sandwich Peas Grapes	12 Pancakes W/Sausage & Syrup Bean & Cheese Burrito Tater Tots Juice	13  Pepperoni or Cheese Pizza Heartzel Pretzels Mixed Veggies Apple
16 	17 Orange Popcorn Chicken Bowl w/Rice Grilled Cheese Sandwich Fortune Cookie Fresh Stir Fry Veggies Orange Wedges	18 Spaghetti & Meat sauce W/ Breadstick Crispy Chicken Sandwich Carrots Grapes	19 Macho Nachos Mini Corndogs Corn Refried Beans Banana	20 Fresh Made Pepperoni or Cheese Pizza Fresh Veggie Medley Apple
23 2 Crispy Chicken Tacos Cheese Quesadilla w/Salsa Pinto Beans Granny Apple	24 Pasta Bake w/ Garlic Bread Crispy Chicken Sandwich Peas Orange Wedges	25 Sweet & Sour Popcorn Chicken Bowl W/Brown Rice Hot Ham & Cheese Bagel Stir Fry Veggies Grapes	26 Baked Potato w/ Broccoli and Cheese Mac & Cheese w/ Roll Carrots Banana	27 Fresh Made Pepperoni or Cheese Pizza Peas & Carrots Apple
Whole Grain Rich All of our Breads, Pastas, Crusts, and Breading's are Considered Whole Grain Rich Foods by USDA definitions Brown Rice is utilized in all meals containing rice		You may qualify for free or reduced price meals. Applications are available at the school's front office. For questions regarding the food service program you can call the food service office at (602) 523-5935		
				
Monday	Tuesday	Wednesday	Thursday	Friday
Turkey and Cheese Sandwich	Chicken Caesar Salad W/CROUTONS	Junior Italian Hoagie	Chef salad w/Turkey Ham, Turkey & Cheddar w/ WG Dinner Roll	Turkey Ranch WG Wrap

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. Questions? Call (602)523-5935

WHAT'S COOKING?

IT'S SIMPLY DELICIOUS!



Environments®
SIMPLY GOOD
by Chartwells

ASU Preparatory Academy Breakfast Menu


February 2015

A full student Breakfast includes entrée supplying protein and grain, one (1) fruit side dish, and milk.

Milk choices include 1% white and skim chocolate



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Super Donut</p> <p>or</p> <p>Choice of Cereal w/Graham Crackers</p> <p>Fresh Apple or Cool Peaches</p> <p>Variety of Milk</p>	<p>3</p> <p>WG French Toast</p> <p>or</p> <p>Choice of Cereal W/ String Cheese</p> <p>Fresh Banana or Pineapple</p> <p>Variety of Milk</p>	<p>4</p> <p>Breakfast Pizza</p> <p>or</p> <p>Choice of Cereal w/Graham Crackers</p> <p>Fresh Orange Wedges or Chilled Applesauce</p> <p>Variety of Milk</p>	<p>5</p> <p>Blueberry Muffin & String Cheese</p> <p>or</p> <p>Choice of Cereal W/ String Cheese</p> <p>Fresh Banana or Chilled Pears</p> <p>Variety of Milk</p>	<p>6</p> <p>Biscuits & Gravy</p> <p>or</p> <p>Choice of Cereal w/Graham Crackers</p> <p>Fresh Orange Wedges or Chilled Applesauce</p> <p>Variety of Milk</p>
<p>9</p> <p>Breakfast Quesadilla</p> <p>or</p> <p>Choice of Cereal w/Graham Crackers</p> <p>Fresh Apple or Cool Peaches</p> <p>Variety of Milk</p>	<p>10</p> <p>Denver Bagel Topper</p> <p>or</p> <p>Choice of Cereal W/ String Cheese</p> <p>Fresh Banana or Pineapple</p> <p>Variety of Milk</p>	<p>11</p> <p>Breakfast Burrito</p> <p>or</p> <p>Choice of Cereal w/Graham Crackers</p> <p>Fresh orange Wedges or Chilled Applesauce</p> <p>Variety of Milk</p>	<p>12</p> <p>Pancake On a Stick</p> <p>or</p> <p>Choice of Cereal W/ String Cheese</p> <p>Fresh Banana or chilled Pears</p> <p>Variety of Milk</p>	<p>13</p> <p>Bacon, Egg, & Cheese Biscuit</p> <p>or</p> <p>Fruit Muffin & String Cheese</p> <p>Fresh Orange Wedges or Chilled Applesauce</p> <p>Variety of Milk</p>
<p>16</p> 	<p>17</p> <p>Biscuit w/Gravy</p> <p>or</p> <p>Choice of Cereal w/Graham Crackers</p> <p>Fresh Banana or Chilled Pineapple</p> <p>Variety of Milk</p>	<p>18</p> <p>Egg, Sausage & Cheese Muffin</p> <p>or</p> <p>Choice of Cereal W/ String Cheese</p> <p>Fresh orange Wedges or Chilled Applesauce</p> <p>Variety of Milk</p>	<p>19</p> <p>Banana Muffin & String Cheese</p> <p>or</p> <p>Choice of Cereal w/Graham Crackers</p> <p>Fresh Banana or chilled Pears</p> <p>Variety of Milk</p>	<p>20</p> <p>Breakfast Pizza</p> <p>or</p> <p>Choice of Cereal W/ String Cheese</p> <p>Fresh Orange Wedges or Chilled Applesauce</p> <p>Variety of Milk</p>
<p>23</p> <p>Blueberry Muffin & String Cheese</p> <p>or</p> <p>Choice of Cereal w/Graham Crackers</p> <p>Fresh Apples or Chilled Peaches</p> <p>Variety of Milk</p>	<p>24</p> <p>Egg & Cheese Bagel</p> <p>or</p> <p>Choice of Cereal W/ String Cheese</p> <p>Fresh Banana or Pineapple</p> <p>Variety of Milk</p>	<p>25</p> <p>French Toast</p> <p>or</p> <p>Choice of Cereal w/Graham Crackers</p> <p>Fresh Orange Wedges or Chilled Applesauce</p> <p>Variety of Milk</p>	<p>26</p> <p>Sausage Biscuit</p> <p>or</p> <p>Choice of Cereal W/ String Cheese</p> <p>Fresh Banana or Chilled Pears</p> <p>Variety of Milk</p>	<p>27</p> <p>Sausage, Egg and Cheese Burrito</p> <p>or</p> <p>WG Muffin & String Cheese</p> <p>Fresh Orange Wedges or Chilled Applesauce</p> <p>Variety of Milk</p>

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